

ABSTRACT OF THE DISCLOSURE

A protective article adapted to cover a joint by allowing the joint to bend. The protective article includes a frame that includes at least one bending zone having an abutment limiting the bending of the joint to a predetermined angle so as to avoid the hyper-flexion of the joint. The abutment is obtained by notches that are beveled so as to close for the predetermined angle. The protective article can especially be positioned on a boot in the area of the ankle.